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Man charged for sex assault, posing as police

COURT A 27-year-old Ottawa man appeared in court today facing numerous charges in connection to a couple of incidents that occurred in January and February of this year.

Mohamad Kamel Sleiman has been charged with sexual assault, sexual interference, inviting sexual touching, impersonating a police officer and breach of recognizance.

The Ottawa Police Service Sexual Assault/Child Abuse Unit alleges that Sleiman sexually assaulted a 15-year-old girl while representing himself as a police officer last January.

And then in February, police allege that he was involved in an incident where he inappropriately touched an 18-year-old woman.

Anyone with information is asked to contact the Ottawa Police Service Sexual Assault/Child Abuse Unit at 613-236-1222 ext. 5944, or phone Crime Stoppers at 613-233-8477 (TIPS) or 1-800-222-8477.

METRO OTTAWA

Celebrity Buzz pg 14

Winehouse back in U.K.

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Health

- Inexpensive exercise options that won't make you break an economic sweat, pg 10
- Josey Vogels tells you what the current economy means for online dating, pg 11



Tomorrow
• How to get best car insurance deals to drive you through the recession.

Canadian kamikaze



Ski cross

Ashleigh McIvor of Whistler, B.C., flying high second from left in black, took first place during the FIS Freestyle World Championships Women's Ski Cross event yesterday in Inawashiro, Japan. Canada's Davey Barr took bronze in the men's final. Ski cross, in which four skiers race down the mountain together, will see its Olympic debut at the Vancouver 2010 Games.

Truck, bus collide

Transpo driver trapped in vehicle after truck allegedly ran light

TIM WIECLAWSKI
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Emergency crews had to cut the driver of a packed OC Transpo bus out of his seat after the bus collided with a cube truck that had allegedly run a red light yesterday afternoon.

Around 1 p.m., Jean-Pierre Guay, the owner of Treats restaurant on the corner of Albert and Kent streets, watched as the cube truck allegedly drove through the light, which had been red for at least 40 seconds, before

the collision.

"He never slowed down," said Guay. "There was no braking. The cube van literally hit the bus in the front and smashed the entire side."

After the impact, the truck rose up on two wheels and finally came to a stop 20 metres later.

From where Alex Norgaard was sitting, at the back of the front of the articulated bus, just before the "accordion section," the collision just felt like a "big jolt," he said.

"Partway into it, you could tell there was no

"The bus driver did a good job trying to stop it in time."

Passenger Nick Furlan

turning back," he said. "It's freaky for the first little bit, but it could have been a lot worse."

At the very back of the bus, all Nick Furlan noticed was that it had stopped suddenly.

"The people who were standing all toppled over each other," said Nick Furlan. "The bus driver did

a good job trying to stop it in time. It wasn't too much damage."

Five passengers on the bus were injured. Two suffered minor neck injuries, one suffered a back injury and one a hip injury.

The 56-year-old male bus driver was treated for a fractured lower leg.

The 51-year-old male truck driver was treated for a minor shoulder injury. He was charged with failing to stop at a red light.

The intersection was partially closed until around 2 p.m.

Local MD gets Ontario nod for CMA post

ELECTION Ottawa internist Dr. Jeff Turnbull has been selected by Ontario's 27,000 physicians as their nominee for president of the Canadian Medical Association starting in 2010, in a process as long as U.S. President Barack Obama's multi-year quest for the White House.

"I'm not sure if I warrant that comparison," Turnbull said with a laugh yesterday.

His nomination must be confirmed at the CMA's annual meeting in August in Saskatoon, and he would then assume his presidential duties in August 2010.

Turnbull — chief of staff at the Ottawa Hospital and a specialist who diagnoses and treats nonsurgical diseases — has become known for treating Ottawa's homeless people, spending two half-days a week in homeless shelters and being on-call all the time. He also travels overseas to advise and deliver health care in Kenya, Nigeria and Bangladesh.

When his presidential duties eat into his time, he will cut back on his specialty practice but won't stop helping the homeless and poor.

"I wouldn't give that up for anything," he said in an interview. "It's part of the deal."

Turnbull has served as past president of the College of Physicians and Surgeons of Ontario and was recently named to the Order of Canada.

On his campaign website, Turnbull promised to ensure the CMA and governments use evidence and best practices when forming health policy.

KATHRYN YOUNG
/FOR METRO OTTAWA

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Local



Gross to be honoured for Passchendaele

Actor Paul Gross, left, will receive the special National Arts Centre Award honouring his artistic achievement for his film *Passchendaele* at a Rideau Hall ceremony on May 8. The award-winning First World War epic was inspired by his grandfather's experiences in Canada and Belgium. Gov. Gen. Michaëlle Jean will also present six Governor General Performing Arts Awards for Lifetime Artistic Achievement to dancer Peggy Baker, performer Edith Butler, artist Clémence DesRochers, artist Robert Lepage, musician R. Murray Schafer and playwright George F. Walker. **METRO OTTAWA**

Boost housing: Report

Affordable housing needed in bad economy: Groups

KATHRYN YOUNG
for Metro Ottawa



When the economy takes a nosedive, help jump-start it by building badly needed affordable housing.

That's the message from a provincial housing report issued yesterday that calls on senior levels of government to help out municipalities.

"The public wants economic stimulus, energy conservation and poverty reduction," said Sharad Kerur, executive director of the Ontario Non-Profit Housing Association, which wrote the report with the Co-operative Housing Federation of

Canada. "Good housing policies can achieve all three."

Rents in Ottawa have outpaced inflation by 40 per cent, there are fewer homes available to rent, and 20 per cent of tenants spend more than half their income on rent, according to the 2008 Where's Home? report.

"The situation is not good if you're of low or moderate income and it's not getting better," said Catherine Boucher, executive co-ordinator for the Centretown Citizens Ottawa Corp., which owns 1,300 affordable non-profit housing units and is just about to break ground on the first big affordable

"This is an opportune time. Housing is a big stimulus."

Catherine Boucher

housing project in Ottawa since the early 1990s. The development at Catherine and Argyle, and Metcalfe streets will have 165 units — a mix of apartments and stacked townhouses.

"Much more is needed but it's good to see something happening," she said, adding that the Ontario government and municipalities must find ways to access the federal government's economic stimulus money, part of which has been earmarked for afford-

able housing.

"This is an opportune time," she said. "Housing is a big stimulus."

The report estimated that 10,000 more rental units need to be built every year to meet Ontario's housing needs, yet only 3,000 were produced last year. Ottawa had 3,400 fewer rental units in 2007 than 10 years before.

"Many of these households are one paycheck away from losing their homes," Kerur said. "I am really worried that as the economy moves deeper into recession, more and more households will be forced to choose between paying the rent and other necessities."



Brent Grimstead, 18, was diagnosed with Charcot-Marie-Tooth disease when he was in the eighth grade. With help of Easter Seals Ontario, he plans to attend Algonquin College this Fall, with the goal of pursuing a career in radio.

Easter Seals opening up opportunities

TIM WIECLAWSKI
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FUNDRAISING Brent Grimstead needs braces for balance when he walks, but he still spends a lot of time in a wheelchair because it's just too exhausting to be on his feet all day.

However, Charcot-Marie-Tooth disease — which affects motor and sensory nerves, leading to weakness in the feet and lower leg muscles — has not slowed him down.

Last August, the 18-year-old attended an Easter Seals Leaders of Tomorrow camp designed to build confidence and prepare young people with disabilities for future independence.

"The skills I learned, the people I met, the friendships I formed and the confidence I gained from this program has been too valuable to put in words," Grimstead said yesterday at cere-

mony to officially declare March as Easter Seals Month in Ottawa.

The declaration is also the unofficial start of the Easter Seals Paper Egg campaign where residents can buy \$2 paper eggs at the cashiers of participating stores, with the money going towards Easter Seals camps and to help purchase braces, walkers, wheelchairs, computer equipment, ramps and lifts to help children with physical disabilities get out into the world.

"It's the difference between living a life fully or just watching days pass by," said Mark Fisher, chair of the National Capital Region district council for Easter Seals Ontario.

In Ontario, about 20,000 children live with physical disabilities and need specialized assistance. While the equipment needed to help a child can cost up to \$40,000 a year.

\$100K in damages in restaurant fire

BLAZE A fire at the MHK Sushi & Asian Fusion, restaurant at 1519 Merivale Rd. caused \$100,000 in damages.

A dozen firefighters in three trucks responded to the blaze and were able to get it under control within 15 minutes.

Though the fire was contained to the kitchen area, the walls and ceiling both suffered smoke and water damage.

There were no injuries reported. **METRO OTTAWA**



Geoffrey Morden, executive chef at the Fairmont Chateau Laurier, left, discusses the supply of maple syrup with Earl Stanley, owner of Stanley's Olde Maple Lane Farm, at a meet-and-greet "speed-dating" event yesterday that put several dozen local food producers together with local chefs.

Food industry goes 'dating'

KATHRYN YOUNG
for Metro Ottawa



EVENT Maple syrup producer Earl Stanley never thought he'd be speed dating after he got married, yet there he was yesterday making the meet-and-greet rounds with local chefs, trying to interest them in his syrups and mustards.

"It gives us a chance to try something we've never tried before," laughed Stanley, owner of Stanley's Olde Maple Lane Farm, who was at the three-hour event sponsored by Savour Ottawa and Ottawa Tourism.

With growing interest by the public in locally produced food, the business networking event let several dozen farmers and chefs meet each other, said Stanley, who already supplies maple products to the Crowne Plaza hotel and Bytown Catering, but thought he developed some solid leads for more deals.

"It's not just a feel-good exercise," said Jantine Van Kregten, communications director with Ottawa Tourism. "The end result we want is more local food on local plates."

She said many farmers reported making five to 10 strong contacts each.

"Our challenge is the volume that we have here," said Geoffrey Morden, executive chef at the Fairmont Chateau Laurier, who is trying to expand the local food served in his restaurants to the banquets as well. "It's hard to find somebody that can consistently produce the same product year-round for us."

"I think it's worthwhile," said Terry MacLaurin, secretary of Fitzroy Beef Farmers Co-operative. "People are starting to get into this local food thing. Not everyone can have a cow in their backyard or a vegetable patch for that matter."

metronews.ca
What's online today.

Watch Military officials suspect Taliban behind deadly blast that sparked anti-Canadian outrage at metronews.ca/canada

Watch Hundreds gather to mourn two young children slain in rural Quebec at metronews.ca/canada

Read Hollywood Rants on why The Wrestler has drawn Iranian ire.



Lotteries



Ontario Pick 3: 3 5 8; Ontario Pick 4: 3 2 9 8
Encore: 6815366

Daily Keno: 5, 6, 11, 15, 19, 21, 23, 25, 34, 36, 39, 40, 41, 47, 53, 56, 60, 61, 66, 69.
These results are not official.

Two charged for robberies

CRIME Ottawa police have charged a man and a woman in connection to two south-end pharmacy robberies, from last Saturday.

Jan Paul Dore, 30, is facing three counts of robbery, firearms related charges and conspiracy to commit

an indictable offence.

Sarah Barnette, 23, is facing charges for conspiracy to commit an indictable offence.

Anyone with information on these is asked to call 613-236-1222 ext. 5116, or Crime Stoppers at 613-233-8477 (TIPS). **METRO OTTAWA**

Journalist called to court over sponsorship scandal

A journalist who helped expose the federal sponsorship scandal says he'd rather face jail time than reveal his source in court.

Globe and Mail reporter Daniel Leblanc has been ordered to face questions in Quebec's Superior Court about the identity of his source. **CBC NEWS ONLINE**

Canada



Canadians among YouTube winners

YouTube announced yesterday the winners of the world's first online collaborative orchestra, the YouTube Symphony Orchestra, including five Canadians. The musicians will travel from around the world to New York City to participate in a collaborative summit for classical music on April 12 to 15, concluding with a concert at Carnegie Hall.

METRO NEWS SERVICES

Army's JTF2 added to 2010 security

OLYMPICS Troops from the Canadian army's elite Joint Task Force 2 counter-terrorist unit will be assigned to help provide security at the 2010 Winter Olympic Games in Vancouver, a senior military official said yesterday.

Vice-Admiral Dean McFadden's statement came as something of a surprise. The military does not usually comment on the deployment of the JTF2, which is the most important part of its so-called Special Operations Forces.

Some of the troops will back the Royal Canadian Mounted Police, who are responsible for overall security, but declined to specify how many soldiers would be involved with security.

REUTERS

Resolute Bay Brits measure melting



MARTIN HARTLEY/REUTERS

Left to right, British scientists Pen Hadow, Martin Hartley and Ann Daniels pose before starting their Catlin Arctic Survey polar expedition at Resolute Bay in this February photo. The expedition started on Saturday, to gauge exactly how fast Arctic ice sheets are melting.

Veiling issue 'hijacked' sexual assault trial: Lawyers

COURTS The issue of whether a Muslim woman can wear her niqab while testifying has "hijacked" a Toronto sexual assault trial

of the two defendants, argue lawyers involved in the criminal proceedings. Adam Weisberg, who represents one of the ac-

cused men, threatened to try to have the charges tossed because of unreasonable delay.

TORSTAR NEWS SERVICE

Officer defends stun gun usage

A police officer who repeatedly stunned a Polish immigrant in a fatal incident at Vancouver's airport defended yesterday the multiple shocks as necessary because the man continued to struggle.

Robert Dziekanski was initially shot with the Taser stun gun after he showed "an intent to attack" the police who had responded to a call of a distraught man, Royal Canadian Mounted Police Const. Kwesi Millington told a public inquiry.

Millington said he re-members immediately firing a second jolt of 50,000 volts because Dziekanski did not fall to the ground, and fired it at least two

more times once he was down because he was still struggling with the officers.

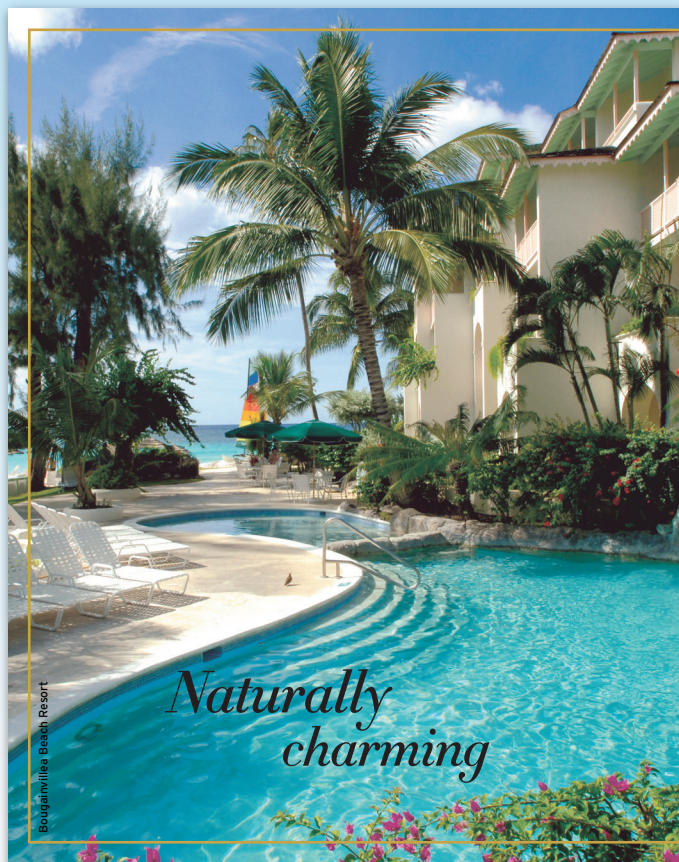
A video of the incident played during the inquiry appears to show a screaming Dziekanski falling to the ground before the second shock was fired.

Dziekanski, who was in the process of immigrating to Canada where his mother lives, died after the struggle although the exact cause of his death has never been determined.

A video of the 2007 incident received international publicity and raised controversy over the police use of the weapons that are intended to disable victims.

REUTERS

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BARBADOS

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trco.ca

The Canadian government will set up eight support centres across the country to offer help to former and current members of the military and their families, Defence Minister Peter MacKay said yesterday. **CBC NEWS ONLINE**

Charges laid in murder of millionaire

CRIME After 21 months, a 50,000 reward, and “all the resources of the Toronto Police Service,” an arrest has finally been made in the shooting death of millionaire philanthropist Glen Davis.

Davis, 66, was killed in the spring of 2007, shot to death in a parking lot on Toronto's Eglinton Ave. E.

"More information came forward and on Friday and Saturday three arrests were made," Homicide Staff Insp. Brian Raybould said.

Raybould was tight-lipped about almost all other details regarding this mysterious case, which shocked the city. Davis was an eccentric man who rode the subway despite his fortune and kept a low profile despite his humanitarian work.

Ivgeny Vorobiov, 30, of Richmond Hill, Dmitri Kossyrine, 30, of Richmond Hill, and Marshall Ross, 37, of Toronto, have each been charged with first-degree murder. **TORSTAR NEWS SERVICE**

Halifax **Driving for the late bus**

University students board a bus at the Dalhousie campus in Halifax yesterday. The Halifax Student Alliance wants that city's council to extend transit hours to around 3 a.m.

Churchgoers to hold Queen's Park vigil

POLITICS Churchgoers from across the province intend to hold a prayer vigil today on the lawn of Queen's Park, vowing to return each day until the budget is brought down March 26.

"There will be no plac-

ards, no protests," says Brice Balmer, secretary of the Interfaith Social Assistance Reform Coalition, which is organizing the vigil.

Instead, he says, the vigil will act as a reminder to

provincial politicians as they head in to work each day of their promises and obligations to the needy in Ontario, especially during the hard times brought on by the soured economy.

TORSTAR NEWS SERVICE

Weeding out lawn chemicals

Banned pesticides list expected

Environmental groups lobbying the Ontario government for a powerful cosmetic pesticide ban say the province is set to announce sweeping new regulations that will outlaw hundreds of chemicals from neighbourhood lawns.

The Ministry of the Environment is expected to make its proposed list of banned chemicals public tomorrow.

If it's approved, most of the 85 targeted substances — found in roughly 250 products — would be barred from sale and use for cosmetic purposes, said Gideon Forman, executive director of Canadian Association of Physicians for the Environment.

"We have a very high level of confidence that it is going to be a very substantial list — it will be the best in North America," Forman said.

The ban will probably take effect near Earth Day,

Restricted use

- Among the 140 products expected to be limited to restricted use are many with familiar brand names, such as Roundup Lawn & Weed Control, C-I-L Weedout and Killex Lawn Weed Control.

April 22. Stores will be forced to remove some targeted products from their shelves or inform customers that certain others are for “restricted use” only, such as killing poison ivy.

The limits placed on restricted-use products, roughly 140 items, will be phased in over the next few years.

Next spring, those products will probably be locked up inside stores.

The banned pesticides are found in products that kill slugs, grubs, earwigs and caterpillars and a variety of other weeds.

TORSTAR NEWS SERVICE

Tax cuts. Reach out and claim them.

The Government of Canada has introduced a wide range of tax cuts to help Canadians save on their taxes. Lower taxes are part of *Canada's Economic Action Plan*.

There are measures like the Children's Fitness Tax Credit, which allows parents to claim up to \$500 in eligible fitness expenses paid for each qualifying child.

There are also the Public Transit Tax Credit and other tax savings designed to benefit people and families from all walks of life.

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Canada

Breastfeeding linked to reduced risk of SIDS

Women who breastfeed lower the chances that their baby might die of sudden infant death syndrome, or SIDS, according to a German study. Researchers said they believe that based on their findings, women should be encouraged to breastfeed their infants for six months to reduce SIDS risk. **REUTERS**

World



Dalai Lama's young successor?

The Karmapa Lama is a 23-year-old "living Buddha" and the possible successor to the Dalai Lama who may bridge the gap between Tibet's elder leaders and both an alienated Tibetan youth and a suspicious China. This year there is speculation the 73-year-old Dalai Lama could pave the way for someone else to take his place, and it is the Karmapa, mixing youth, intellect and charisma, who is most talked about. **REUTERS**

'Waterboarding' condemned as torture

U.S. attorney general Eric Holder ruled out the use of "waterboarding" as an interrogation technique for terrorism suspects yesterday, calling it a form of torture that the Obama administration could never condone.

Holder's declaration underscored President Barack Obama's break with the

former Bush administration's anti-terrorist policies, which were condemned by human-rights groups, civil liberties advocates and U.S. allies abroad.

"Waterboarding is torture ... My Justice Department will not justify it, will not rationalize it and will not condone it," Holder

"My Justice Department will not justify (waterboarding), will not rationalize it and will not condone it."

U.S. attorney general Eric Holder

er, who is heading a review of the treatment of terrorism suspects, said in a speech in Washington.

"We cannot ask other na-

tions to stand by us in the pursuit of justice if we are not viewed as being in pursuit of that ideal ourselves," he said.

One of the most widely condemned Bush administration practices was waterboarding, a form of simulated drowning, which the CIA acknowledged using on three terrorism suspects before it said it stopped in 2003.

Obama has ordered that government agencies must abide by interrogation lim-

itations in the Army Field Manual, which bans waterboarding.

But he also asked for a review of detention and interrogations practices, which some human rights critics said left open the possibility that some forms of harsh interrogations could be later approved. **REUTERS**

Afghan children not killed by Canadian shell: Military

ARMY Three Afghan children who died when a shell blew up last week had most likely been handling a Taliban bomb and not a Canadian shell as first suspected, Canada's army said yesterday.

Local villagers blamed last Monday's fatal blast on a shell left behind after Canadian troops carried out an artillery firing practice on a range near the southern city of Kandahar.

The Canadian military said a thorough investigation showed the children had died after they brought back the device to their village.

"The Canadian forces

are not responsible for the deaths and injuries to these children, in stark contrast perhaps to the initial reports and speculation," Brig.-Gen. Jon Vance said in Kandahar.

"The most likely cause of this explosion was an anti-personnel IED (improvised explosive device), based on all of the factors at the scene," he said.

REUTERS

VideoOnline

Military suspects Taliban behind blast that sparked anti-Canadian outrage at metronews.ca/canada

Boater rescued off Florida, 2 NFL players still missing

SEARCH The U.S. Coast Guard rescued one of four boaters yesterday missing in the Gulf of Mexico since Saturday and continued the search for two National Football League players and another man.

The rescued man was identified as Nick Schuyler, 24, of Tampa, Fla. Still missing were Corey Smith, a defensive end who played last season with the Detroit Lions, linebacker Marquis Cooper, who was with the Oakland Raiders, and William Bleakley, a former Florida college football player.

A Coast Guard spokesman said that

Background

- The four men left Clearwater Beach on a fishing trip on Saturday morning and had been expected to return by Saturday afternoon. The area was hit by a cold front on Saturday night that caused high seas and strong winds.

Schuyler was found clinging to an overturned fishing boat 55 kilometres off the west coast of Florida yesterday morning.

The Coast Guard said it was searching the area around the boat for the missing men. **REUTERS**

Britain Solo sailor celebrates



British yachtswoman Dee Caffari waves flares as she passes under the Tower Bridge in her boat Aviva on the River Thames in London yesterday. Caffari is the first woman to sail solo non-stop around the world in both directions.

Bidder won't pay for looted sculptures

AUCTION A Chinese art collector identified himself yesterday as the winning bidder in last week's Paris auction for two sculptures looted from Beijing in the 1800s but said that, as a patriot, he had no intention of paying.

Christie's, which had triggered Chinese anger by holding the sale, said only that the bronze sculptures of the heads of a rat and a rabbit would not be released until it had been paid.

The items sold for 15 million euros (\$24 million) each. **REUTERS**

Mass funeral held in Bangladesh

MOURNING Tens of thousands of Bangladeshis attended a state funeral yesterday for dozens of army officers killed in a two-day mutiny last week.

The rebellion by Bangladesh Rifles (BDR) border guards, over pay and the command structure, spread to about a dozen smaller towns across the country. At least 80 people, most of them officers, were killed. **REUTERS**

Final showdown looms in Sri Lanka

WAR Sri Lanka's military yesterday destroyed 10 Tamil Tiger boats that launched an assault on troops battling to further seal the separatists into a rapidly shrinking box of land, the military said.

The military expects to finally box the rebels into a no-fire zone and end a war that has raged off and on since 1983. **REUTERS**

Donors want \$3B Gaza aid to bypass Hamas

MIDDLE EAST International donors pledged more than \$3 billion US yesterday to help the Palestinian economy and rebuild Gaza after Israel's three-week offensive, insisting their funds bypass the territory's Hamas rulers.

Gulf Arab states, the

United States and the European Commission made significant pledges, while others including Turkey, Italy, Germany and Algeria also announced contributions.

But the United Nations and aid agencies said rebuilding the coastal en-

clave was a daunting task so long as border crossings with battered Gaza remained closed.

Israel says it supports efforts to help Palestinians in the strip, but wants assurances the aid money would not reach Hamas militants. **REUTERS**

News in brief

SENTENCING Ali Hassan al-Majed, a former official in Saddam Hussein's regime known as "Chemical Ali," was

given a third death sentence yesterday for his role in killing and displacing Shiite Muslims in 1999. **REUTERS**

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Comment & Views

Comment

Harper's deep-blue funk

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

What is irking the prime minister these days? It looks like he's back in confrontation mode, one of his deep-blue funks.

How about his plan to distribute \$3 billion in stimulus funds from behind closed doors? Either accept it, he tells opposition leaders, or we'll have another election. The ultimatum came at the same time his information commissioner, Robert Marleau, released a report denouncing the government's habitual secrecy. Well, Marleau, the PM so much as said, you can get stuffed,

too, just like the opposition.

We have the news also that Harper's war-room staff are reviewing hours of tape of Liberal Leader Michael Ignatieff to find material for some cheap attack ads. In a show of civility, the PM had refrained from doing this. But now he's going back into the gutter. Attack ads never used to be used between election campaigns in Canada. Harper started the practice against Stephane Dion, and now Iggy had better beware. This prime minister will go as low as it takes.

On the foreign front, the Conservatives have sud-

denly turned cold warriors. They tried to get a great ruckus going with Moscow, announcing that Russian planes got close to Canadian air space near the time of Barack Obama's visit. The Russians do these fly-bys as a matter of routine. The story was one of the great yawners of the winter. But the PM likely figured some suckers in the media would take it seriously and portray him as a tough guy standing up for Canadian sovereignty against the evil reds.

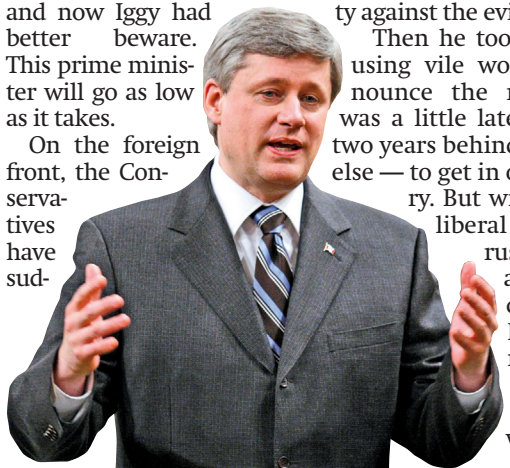
Then he took on Iran, using vile words to denounce the regime. It was a little late — about two years behind everyone else — to get in on this story. But with the big liberal winds rushing across the continent, Harper needs to shore up his right-wing base.

Russia and Iran will do, along with more deification of Israel thrown in for good measure.

Things are uppity in Ottawa. The PM's office is reportedly beside itself over reports that the Governor-General received an invitation to visit Barack Obama in Washington while the prime minister did not. Unnamed sources — we can guess from where — are saying that no, she didn't. The Governor General's office is saying that yes, she did.

Harper took a lot of hits over the winter and now clearly wants to show he is back in command. But when he gets in these kinds of zones, things can get ugly. He wasn't exactly cut out for minority governments and he's starting to run this one like he did the last. Like he won a landslide.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Views

Volunteering a functional approach to violence

InStep

Christine
Williams

I once remarked in jest that banning knives would be the next proposal, followed by a scissors ban, a hammer ban and a ban on anything else that could potentially be used as a murder weapon. I was commenting about the political drives for gun bans. Well, Edmonton Mayor Stephen Mandel is actually thinking about a ban on the sale of large knives following a recent rash of stabbings. It's another knee-jerk reaction by a politician trying to create the illusion to their voting bloc that they are steadfast defenders of public safety.

Political posturing is part of our own creation as we rely on a government fix-all approach to our collective woes — from the economy to the social maladies plaguing our communities. And our politicians recognize that silence is never golden in the microcosm of political life, particularly when there is an urgent public outcry on any matter.

In Vancouver, there have been seven brazen shootings in February alone as B.C. continues to grapple with surging gang-related crime, causing a frenzied fear among many citizens. In response, Ottawa unveiled anti-gang legislation which guarantees an automatic first-degree murder charge for any homicide linked to organized crime.

Time will tell how effective this bill will prove to be at reducing violence. In the meantime, there is a practi-

It's time for government to implement ... investing in volunteerism to help improve our communities.

cal component that both government and citizens can work on together: Building mentorship programs, supported heavily by volunteerism.

With National Volunteer Week coming up soon, consider the facts: In Canada, approximately 12 million volunteers contribute \$112 billion in economic revenue, a bigger contribution to the country's GDP than the manufacturing sector, with its two million paid employees. In fact, volunteerism is saving jobs by keeping many social service and health agencies afloat.

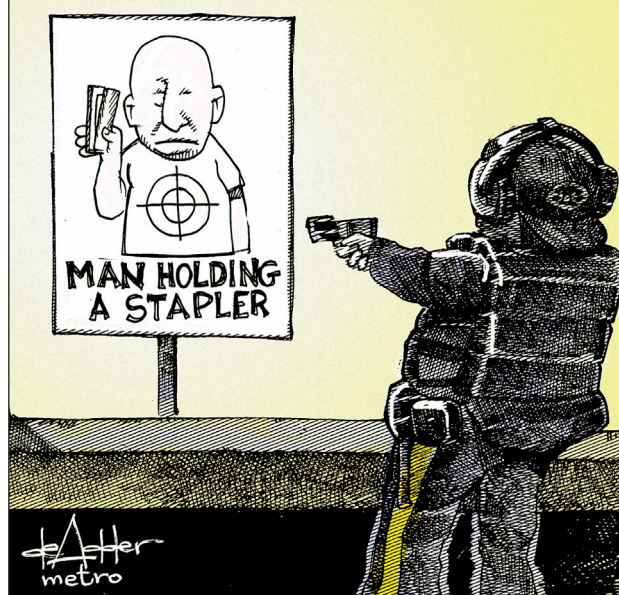
Vulnerable youth recruited into gang life have shown some remarkable turnarounds when integrat-

ed into mentorship programs in which volunteers are vital. But it costs money to recruit, train and promote volunteers. In tough economic times, crime and violence escalate, and there is extra need for funding to social services, which unfortunately get starved as governments gear stimulus packages toward the corporate sector.

It's time for government to implement a sustainable, common-sense approach to both crime and stimulating the economy by investing in volunteerism to help improve our communities.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

RCMP TASER PRACTICE:



Letters

Guns don't commit crimes, criminals do

Re: *The allure of fake guns spells trouble* (Feb. 27)

When I was a kid years and years ago, I had toy guns that looked real. As I got older, I bought real guns. Now my wife, my son and I own real guns and, guess what? We don't go around robbing people.

The fact of the matter is, some Canadians nowadays are a bunch of shrill scared-cat losers, at least

those that squeal for a ban every time a criminal commits a crime — be it with a toy gun or a shot gun.

Well how about a ban on criminals, or how about letting those of us with at least a bit of a sense of self preservation and the knowledge that we can defend ourselves do just that.

BILL MURPHY, EDMONTON

ShareYourViews

ottawalatters@metronews.ca

Worth mentioning

Dutch getting in touch with God

ART God is taking calls.

Dutch artist Johan van der Dong has set up a local telephone number in the Netherlands, where he urges people to leave messages for God on his answering machine.

Van der Dong said he set up the number to give people an opportunity to take pause and contemplate life.

"Like praying, leaving a

voicemail message is a way to organize your thoughts," he said. "It's a perfect combination for some contemplation."

Callers dialing 06-4424-4901 (or +316-4424-4901 if calling from outside the Netherlands) from

March 7 will hear the following: "Hi, you are speaking to God. I'm not in right now, so leave a message after the beep."

REUTERS

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawalatters@metronews.ca


Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.


Intel, TSMC team up on developing Atom-based technology

Intel Corp and TSMC have agreed to team up to develop and make the low-cost Atom chip for use in a swathe of consumer electronics devices, expanding its use beyond netbooks, as the chip makers target new markets in a deepening recession. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

DOLLAR		
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Economy spirals downward

The Bank of Canada is poised to cut its overnight rate in half today as it attempts to pull the Canadian economy out of a downward spiral.

The rate cut comes one day after a dismal GDP report that proves the economy landed with a thud in the final three months of last year. Gross domestic product fell by 3.4 per cent,

"It's like the opening shot."

Doug Porter, BMO Capital Markets

according to Statistics Canada. The decline officially marks the economy sliding into its first full-blown recession since 1991. The severity of the drop

does not reveal how much worse the economy is likely to get, or how long the slump will last. "It's like the opening shot, really," said Doug Porter, deputy chief economist at BMO Capital Markets. Economists say the first quarter of this year is likely to be worse.

The GDP report sent stocks in Toronto plunging to levels not seen in more

then five years. The S&P/TSX composite index dropped 435.51 points to 7,687.51, its lowest point since the fall of 2003.

However, Canada was better off than other industrialized nations. The U.S. economy shrank by 6.2 per cent, Europe was down roughly six per cent and Japan was down 12.7 per cent. **TORSTAR NEWS SERVICE**

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Business in brief

BANKING HSBC launched Britain's biggest rights issue, raising £12.85 billion (\$23.17 billion) yesterday to help it overcome big losses in the United States and exploit the woes of weaker rivals. Europe's biggest bank said it would shut most of its U.S. consumer lending business, cutting 6,100 jobs, but that it was ready for acquisitions in its traditional stronghold of Asia where many banks are pulling out to focus on core markets.

SPENDING U.S. consumer spending rebounded in January, snapping six months of declines, and incomes rose unexpectedly, boosted by salary increases for government employees, a U.S. government report showed yesterday. But the gains in January are likely to be temporary as wages and salaries continue to

fall amid a deepening recession. The Commerce Department said spending rose 0.6 per cent, the largest increase since May, after falling an unrevised one per cent in December, and beating economists' expectations for a 0.4 per cent advance.

FACTORIES U.S. manufacturing contracted at a less-severe pace last month, according to reports yesterday. The Institute for Supply Management's index of national factory activity rose to 35.8 in February from 35.6 in January, a touch above economists' forecasts for a reading of 33.8. But the manufacturing employment index fell to a record low in February, as financial markets brace for another U.S. jobs report scheduled for Friday. Analysts expect U.S. payroll employment to have dropped 648,000 in January. **REUTERS**

Bailout for AIG after \$61.7B loss

INSURANCE American International Group Inc. posted a record \$61.7-billion US quarterly loss yesterday and got a new, but not necessarily final, government bailout after officials concluded again that letting the insurer fail would threaten the world financial system.

AIG will get access to up to \$30 billion of new capital, after getting a commitment for \$150 billion in aid last year that gave the government a stake of nearly 80 per cent. The latest bailout avoids, for now, any crippling credit rating downgrades that could force AIG to come up with billions of dollars it might not have. **REUTERS**

Loss

- AIG's latest loss equaled \$465,000 a minute.
- For all of 2008, AIG lost \$99.29 billion, wiping out profit dating back to the early 1990s.

Real estate New settlement in West Bank



A sign advertising apartments for sale is displayed at a construction site in the West Bank Jewish settlement of Maale Adumim near Jerusalem yesterday. Israeli authorities have made plans for 73,000 new housing units in Jewish settlements in the occupied West Bank, although only a fraction of the proposals has been approved, an anti-settlement group said yesterday.

Nortel loss jumps, sales drop 15%

WRITEDOWNS Ailing telecom-equipment maker Nortel Networks Corp., now operating in bankruptcy protection, said yesterday its quarterly loss more than doubled as it booked over \$2 billion US in noncash writedowns and saw its sales plunge.

Nortel, North America's biggest maker of telephone equipment, said it lost \$2.14 billion, or \$4.28 a share, in the three months ended Dec 31. That was worse than the loss of \$844 million, or \$1.70 a share, a year earlier. **REUTERS**








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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



SmartCookies



One of the least exciting purchases made by a Smart Cookie would have to be a paper shredder. However, it could also be said to be one of the smartest.

Sandra decided a shredder was a necessity after her mail went missing, her credit card was stolen and a note popped up in her apartment building elevator warning residents of identity theft. Thankfully, she didn't have to deal with identity theft, but the thought of having someone steal her personal information and using it to commit

fraud, potentially destroying her credit score and costing her time and money to correct the fraud and rebuild her financial picture, was enough for her (and the rest of us) to implement these Smart Cookie procedures.

It's no secret that we like to price compare and purchase online, so if you're purchasing an item online, make sure that the site is secure. The address should have the prefix "https" and show a padlock.

It's advised that online passwords (or any password that protects financial information) be switched up every few months. But we think as long as you are selecting a tight password (translation, don't use your birthday or your partner's pet name), then you should be OK.

You should, however, use different passwords for your credit card and banking info. That way, for ex-

On guard against fraud



At least once a year, it is also good idea to get a copy of your credit report. If you mail in your application, you can receive your score for free.

ample, your banking info will be protected if for some reason someone had your credit card pin.

If you happen to be shopping in-store, shield the debit machine while enter-

ing your code. Yes, be that person! It's better to protective than footloose and fancy free when it comes to your cards and your pin numbers.

Also, clean out your wal-

Fraud Prevention Month

If you happen to be shopping in-store, shield the debit machine while entering your code. Yes, be that person!

let so that only the personal information and credit cards you actually need and use regularly are kept with you. Otherwise, keep the important cards with the important numbers at home in a safe place.

At least once a year, it is also good idea to get a copy of your credit report. If you mail in your application you can receive your score for free. That way you can see if there have been any inaccuracies within the past year that you may have missed. Check out smartcookies.com for the appli-

cation and more on obtaining your credit score.

And if you have bills mailed to you, keep track of when your bills and bank statements arrive (they should arrive around the same time every month.) If they are late, check with the companies immediately to find out the reason for the delay. And never throw your documents into the recycle bin. Rip or shred the documents that contain personal information. If you don't have a shredder then perhaps it's time to add this to the 'oh so boring but necessary' shopping list.

For more money saving tips, tune in to the second season of the Smart Cookies on the W Network — Monday nights at 10:30 p.m. PST/EST. If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Tax credit vs. tax deduction

MoneyMatters

Henry Choo Chong
choochonghcg@yahoo.ca

Q This tax year would be my first full year of employment since graduation. My tuition and education deductions carried from past years are slightly greater than my total employment income. Technically, I should have no income after deductions. However, why does my accountant disagree and say I will not get all my taxes back?

— Masoud

A Don't we all love this time of year! Where's my T4s? What receipts do I need? Is this deductible? Who cares, I will give it all to my accountant!

It's important to distinguish between a tax credit and tax deductions. They

Some examples

Non-refundable tax credits:

- Spousal or common law amount (same sex or not)
- Eligible dependent
- Canada employment credit
- Public Transit credit
- Children's fitness credit
- Caregiver amount
- Tuition and education amounts
- Medical expenses

• Donations

Tax deductions:

- Childcare expenses
- RRSPs
- Professional, union dues
- Interest and carrying charges
- Business losses
- Rental losses
- Capital losses
- Employment expenses

will not impact your taxes the same.

Income taxes payable are calculated based on taxable income. Taxable income is determined by adding all sources of income, less tax deductions. Non-refundable tax credits reduce income taxes payable at the lowest marginal tax rate (with the exception of charitable donations) while tax deductions reduce taxable income.

If your tax deductions

exceed your employment income, an individual would have a taxable income of nil.

Therefore, income taxes payable are zero and a refund for all taxes withheld are refunded. Alternatively, tax credits do not reduce income to nil, but reduce taxes payable at the lowest tax rate and may not completely eliminate taxes owing.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.



It's important to distinguish between a tax credit and deduction.

Investing

Allan Small

Visit metronews.ca to read an update on interest rates.

Quartet of Canucks up for NCAA honour
Four Canadians – Sarah Vaillancourt, Meghan Agosta, Rebecca Johnston and Jennifer Wakefield were among finalists named yesterday for the Patty Kazmaier Award, which goes to the top female hockey player in U.S. college hockey. **METRO NEWS SERVICES**

Sports

“That’s strong words coming from the RuPaul of big men”

Shaquille O’Neal to the Arizona Republic, responding to comments Chris Bosh made alleging that O’Neal benefited from referees ignoring his three-second violations in the lane during Friday’s 133-113 Phoenix victory over Toronto. Shaq scored 45 points in the game.

METRO NEWS SERVICES



EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NHL The Atlanta Thrashers sent defenceman Niclas Havelid to the New Jersey Devils in exchange for defenceman An-sii Salmela and forward Myles Stoesz yesterday.

MLB Toronto Blue Jays closer B.J. Ryan became the latest player to pull out of the World Baseball Classic, further depleting Team USA’s quality relievers. Ryan cited concerns about his mechanics and becomes the third relief pitcher in the last 24 hours to announce that he will miss at least the first round of the tournament. Minnesota’s Joe Nathan pulled out Sunday.

NFL The Washington Redskins have released veteran defensive end Jason Taylor after battling through just one injury-plagued season in Washington. Taylor was acquired in a trade with Miami in exchange for Washington’s second-round selection in 2009 and sixth-round pick in 2010 this past July after the ‘Skins were decimated by injuries along the defensive line in training camp.

METRO NEWS SERVICES

SCOREBOARD

NHL

	EASTERN CONFERENCE				
	W	L	OT	P	
d-Boston	42	12	9	93	
d-New Jersey	41	19	3	85	
d-Washington	40	19	5	85	
Philadelphia	33	18	10	76	
Montreal	34	22	7	75	
Florida	32	23	8	72	
N.Y. Rangers	32	24	8	72	
Pittsburgh	32	26	6	70	

Buffalo	31	25	7	69
Carolina	32	27	5	69
Toronto	25	26	12	62
OTTAWA	23	28	10	56
Tampa Bay	21	30	12	54
Atlanta	23	34	6	52
N.Y. Islanders	20	36	7	47

d-division leader

YESTERDAY’S RESULT
N.Y. Islanders 4 Colorado 2

NBA

	EASTERN CONFERENCE		
	W	L	PCT
d-Cleveland	47	12	.797
d-Boston	47	14	.770
d-Orlando	43	16	.729
Atlanta	34	26	.567
Miami	31	28	.525
Detroit	29	29	.500
Philadelphia	29	30	.492
Milwaukee	29	33	.468

Chicago	27	33	.450
New Jersey	26	33	.441
Indiana	26	36	.419
Charlotte	25	35	.417
New York	24	35	.407
Toronto	23	38	.377
Washington	14	46	.233

d-division leader

YESTERDAY’S RESULTS
Atlanta 98 Washington 89
Cleveland 107 Miami 100
New Orleans 98 Philadelphia 91
Dallas at Oklahoma City
San Antonio at L.A. Clippers

On the web

For more sports, visit us at metronews.ca/sports

Senators look to be active

An interesting note from the NHL trade deadline front: Exactly 25 deals were completed in each of the last three deadline days.

That number is expected to be surpassed tomorrow when this season’s deadline arrives. Several NHL GMs have been frank and open about their trade prospects. Several so-called big names — Bill Guerin, Derek Morris, Nik Antropov, and others — are on the trade block.

There are also teams like Ottawa, in the midst of a disappointing season, who will have to purge certain players in order to help with next season’s budget.

Here’s a look at what’s brewing around the NHL leading up to the deadline:

- Deals for the Islanders’ Bill Guerin and



Filip Kuba could be on the move by tomorrow afternoon.

the Coyotes’ Derek Morris have apparently been verbally completed; what remains is the ironing out of details (both players have missed the past two games

and Florida’s Jay Bouwmeester.

• Senators GM Bryan Murray has been told by defenceman Filip Kuba that if a contract extension cannot be worked out, Kuba will waive his no-trade clause. Murray already has to up the ante on top blueliner Anton Volchenkov — who is an unrestricted free agent this summer.

Murray was also set to meet with enforcer Chris Neil and his agent on a contract extension. The two sides, though, are far apart, a development which has heightened expectation that Neil will be traded.

Murray, in the meantime, has all but quashed any notion of a Jason Spezza trade.

- At least three top shelf defencemen are available: Toronto’s Tomas Kaberle; the Ducks’ Chris Pronger;

and Florida’s Jay Bouwmeester.

• Senators GM Bryan Murray has been told by defenceman Filip Kuba that if a contract extension cannot be worked out, Kuba will waive his no-trade clause. Murray already has to up the ante on top blueliner Anton Volchenkov — who is an unrestricted free agent this summer.

Murray was also set to meet with enforcer Chris Neil and his agent on a contract extension. The two sides, though, are far apart, a development which has heightened expectation that Neil will be traded.

Murray, in the meantime, has all but quashed any notion of a Jason Spezza trade.

TORSTAR NEWS SERVICE

Isles win battle of lottery teams

NHL Yann Danis needed to make just 20 saves to help the New York Islanders to a 4-2 win over the Colorado Avalanche last night on Long Island.

Jeff Tambellini had a goal and an assist while Bruno Gervais, Dean McAmmond and Jesse Joensuu each had a goal for the Islanders, who have won their last two games.

Ryan Smyth scored twice while Andrew Raycroft surrendered all four goals on 31 shots for the Avalanche, who tied their season-high with their fifth straight loss.

The Islanders scored the only goal of the first period with 6:45 left in the frame as McAmmond’s wrister from the top of the right circle squeezed between the pads of Raycroft.

METRO NEWS SERVICES

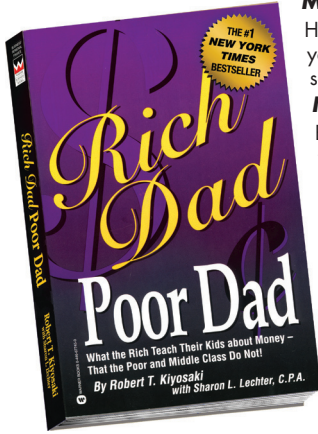
NBA LBJ gets better of Wade



LeBron James is fouled by Miami defender Udonis Haslem in the first quarter last night. James outscored Dwyane Wade 42-41 as the Cavaliers beat the Heat 107-100.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get fit on the cheap

Opt for household items and inexpensive resistance tools

PATRICIA D'CUNHA
for Metro Canada



Dancing in the streets may be the frugal way to get a workout, given these tough economic times.

But luckily there are many other ways to stay in shape and maintain an active lifestyle without emptying the wallet.

"Getting active doesn't require a big investment of time or money," says Kelly Murumets, CEO and president of ParticipACTION, a non-profit organization that encourages healthy, active living among Canadians. "Simple activities, like doing errands on foot, walking your dog or taking the stairs, can make a big difference in your health."

Murumets says that walking is one of the cheapest and easiest ways to stay active, whether it is walking to work, the grocery store, the subway, or up and down the stairs. "You don't need a budget to get active — you just need to get moving," she said.

Riding the Recession

She says there are simple things people can do to stay active on a budget, such as dancing in the living room, doing yoga, playing soccer with family and friends, lifting loads of laundry, to-bogganing, shoveling snow or even cleaning the house, to name a few.

Cardio activities are not the only things needed to stay in shape — core muscles groups also need to be worked, and going to a gym is not the only way to increase strength. "You (don't) need to spend a lot of money on fancy gadgets or the latest technology to keep it interesting. There are many household items you can use to make sure you keep moving," says trainer Ivy Lim, owner of iPower Train Fitness. She suggests using a counter-top, a bench or two chairs to do triceps work, or taking two large cans from the pantry and trying

bicep curls.

There are also some simple and inexpensive things you can buy to help with working those core groups. Lim recommends tubing or exercise bands as resistant tools. "They come in different lengths and tension, so you can use them for all your major muscle groups," she says, as well as a stability ball, which can be used for abs, legs and arms.

If you despise exercising solo, there is a solution to make staying active more fun. Lim says to find a power-walking pal or a running/walking/sporting team in your neighbourhood. "There are now a lot of bootcamp programs with various price ranges — it doesn't tie you in to a year-long membership," she adds.

Murumets says that instead of meeting friends for coffee or dinner, to invite the friends to walk the dog or even signing up for classes at the community centre. "It's easier to get moving with a friend or partner — and it's definitely more fun," she says.



Invest in good quality exercise footwear like Brooks' new high performance Ghost running shoe, \$140 (available for men and women). Call 1-800-668-5480 for a list of retailers near you.

The essentials

Kelly Murumets, CEO and President of ParticipACTION, recommends these inexpensive exercise tools and gear:

- **Endurance:** invest in running shoes for walks, runs and bike rides.
- **Flexibility:** yoga mat and favourite music to dance or stretch to.
- **Strengthening:** light weights, dumbbells, medicine ball and surgical tubing.

PATRICIA D'CUNHA/
FOR METRO CANADA

In and outdoor exercise tips from a personal trainer

FITNESS Trainer Ivy Lim, of iPower Train Fitness, offers these tips on how to workout at home or outdoors for less:

- Free body movement: using your own body weight

for movement and resistance.

- Pushups: using the wall or bench.
- Squats and lunges: varying stances and angles.
- Jumping jacks, running

on the spot and "air" rope skipping.

- 10 minutes of upper body work, 10 minutes of lower body work and five minutes of abs.
- Walk sideways on the

stairs to target various leg muscles.

(Note: Always consult your doctor before trying any exercise activity.)

PATRICIA D'CUNHA/
FOR METRO CANADA



Trainer Ivy Lim, owner of iPower Train Fitness, demonstrates a bicep curl using a resistance band. At about \$15 for a set of three, she says these are a good, inexpensive piece of exercise equipment.

Empty nest equals happy couple, study

CELIA MILNE
for Metro Canada



RELATIONSHIPS Empty nesters aren't sitting alone at home twiddling their thumbs and waiting for their kids to call. They're enjoying their mates more.

University of Berkeley psychologists tracked the marital satisfaction of a group of women over 18 years. Their results show that "empty next syndrome" — where people



whose kids have left home suffer from loneliness and depression — is not all-pervasive. In fact, happiness in

their marriages actually increased as women got older.

It wasn't that women

didn't love their kids, it's just that they enjoyed quality time with their husbands once the kids left.

Sara Gorchoff, one of the psychologists, was quick to point out that this doesn't mean all children should be sent away to boarding school for the sake of their parents' marriage. Rather, she said, "this research does suggest that women should not wait until their children leave home to schedule enjoyable time with their partners."

Fund IVF, experts urge governments

FERTILITY There would be fewer twins, triplets and octuplets — like the ones making headlines in California and Calgary in recent weeks — if fertility treatments were paid for by the government, new studies show.

And in the end, it would be cheaper than the current system of requiring parents to pay for their own treatments.

"The full cost is offset every year," says health economic analyst Lindy Forte, who studied the issue for the Infertility

Awareness Association of Canada.

"Infertility is a medical problem and all couples have the right to reproduce."

Two controversial multiple births have put in-vitro fertilization, or IVF, in the headlines. In California, Nadya Suleman gave birth to octuplets last month after going through IVF. In Calgary, 60-year-old Ranjit Hayer travelled to India for IVF and last week gave birth to twins.

TORSTAR NEWS SERVICE

You wash my back...

Inspired from a sexy scene in the 1960's film *The Umbrellas of Cherbourg*, this *You Wash My Back Soap* from Lush (\$11.95) is shaped like a yin yang with two pieces of interlinked soaps. For a location near you, visit lush.ca. **METRO NEWS SERVICES**

health & beauty **11**

Online dating during hard times

Many flocking to the inexpensive option of Internet hook ups

The J Spot



Sex talk with Josey

We're all looking to get the best "bang for our buck" these days, but when it comes to online dating, the phrase takes on an even more literal (if slightly crass) meaning.

Single folks, it seems, are flocking to online dating sites and services. Match.com says business is up 40 per cent, plenty-offish.com has seen a 77 per cent increase in traffic, speeddate.com traffic is up 60 per cent, the list goes on.

The reasons for the spike make sense: Unemployed people have more

time on their hands, online dating is relatively inexpensive (a \$30 membership to meet a bunch of duds, rather than wasting a \$100 dinner on one dud), during hard times we focus on what really matters in life and we seek the comfort of relationships to get us through the depressing and scary bits.

But just because it's cheap, doesn't mean you're always getting the best value. Jill Ryan runs Romantic Recruiter, a service that helps people get the most out of their online dating experience. Yes, it'll cost you (go to romanticrecruiter.com for fees) but today Ryan is doling out some free advice:

J: How can you get the most value for your online dating buck?

RR: Going with whichever site jammed your inbox with the most junk mail can hurt more than help.

Remember that everyone's dating experience is

"Remember that everyone's dating experience is unique. Just because one site works for your friend or co-worker doesn't mean it will work for you."

Jill Ryan, Romantic Recruiter

unique. Just because one site works for your friend or co-worker doesn't mean it will work for you.

Investigate sites before signing up and handing over your credit card information. Check the

site's refund and payment policy (some have auto-renewal and you won't know it until it happens unless you read carefully!) as well as online reviews for success and horror stories.

J: Do free sites work?

RR: Not likely. Free accounts on dating web sites usually allow you to see

your matches but won't allow you to contact them without paying. Paid members can contact non-paying members but many free sites will automatically delete personal information like email addresses or tele-

phone numbers to prevent customers from making a "match" outside the site.

J: Any other words of caution?

RR: No site can offer 100 per cent protection — it's ultimately up to you to keep yourself safe. But find out whether site has a "complaints" department, just in case.

Riding the Recession



During hard times we seek the comfort of relationships, which could explain the recent spike in online dating sites and services.

Common sense goes a long way.

Never send money to anyone who solicits through emails. Never exchange personal information you would not feel comfortable discussing with a colleague. That

freedom comes much later in the communication process after you exchange personal email addresses.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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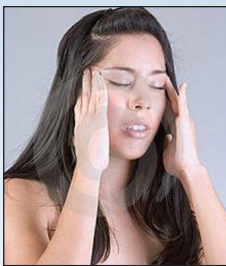
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There are not too many weeks that go by without our seeing at least one new patient who utters that famous phrase, "It's been years since I saw a dentist."

The reasons for not visiting a dentist are numerous. Rest assured, there is no need to apologize. Your new dentist will be happy to see that you have demonstrated a new dedication to your dental health.

When you have that first appointment, there are a number of things you can expect to happen. You will be asked to fill out a questionnaire about your dental and general health.

The general health questions are vital to your treatment and you should not hesitate to answer them honestly. We have learned so much about the link between dental health and overall health. You might be surprised at how certain health conditions can have an impact on the nature of dental treatment you might require. So make sure you provide as much information as possible.

When you are seated in the dental chair, you will likely receive a periodontal exam. This is designed to determine



**Dr. Wayne Perron
Dental Surgeon**

how healthy your gums are. Healthy gums will fit nicely around the teeth, helping to keep them firmly in place. If we notice that there are large spaces between the teeth and the gums, or the gums seem tender, puffy and prone to bleeding, we will discuss how that can be treated.

At the same time, you should also experience one of the most important examinations your dentist can perform for you: an oral cancer exam. Your dentist should look for visible warning signs of oral cancer. S/he may even use some of the new technologies available today that can detect signs of cancer that might not be visible to the eye. And

we all know the importance of early detection when it comes to cancer.

You should also expect to receive a complete set of dental x-rays. Your dentist will want to be certain there are no problems under the gum line that will need some attention. You should not be worried about radiation exposure during this process. With proper maintenance of the equipment and today's x-ray technology, you will be more than adequately protected.

You may notice that today's dental office makes much greater use of technology than the last time you were in. In fact, by using an intra-oral camera, you may get to see what your dentist sees when looking in your mouth. Many patients really enjoy this aspect of the today's dental office.

This is just a small sample of what you can expect when you make your first trip, or your return, to the dentist. Coming back to your dentist is the right decision and you should feel proud that you are putting your dental health, and your overall health, first. Because visiting the dentist regularly is a healthy habit...and healthy habits lead to healthy lives.

Dr. Wayne Perron - Dental Surgeon

Arrested Development star Jason Bateman and Juno director Jason Reitman are teaming up for the new movie, *Up In The Air*. Bateman will play the boss of George Clooney's character, a corporate downsizer who becomes obsessed with collecting a million frequent flier miles. EMPIREONLINE.COM

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Pitt perfect

U2 wants Brad Pitt to star in a movie about their lives. Guitarist The Edge thinks the Hollywood hunk would be the perfect person to portray him in a film about the Irish group. FEMALEFIRST.CO.UK

U2 not afraid to cross the line

The world's biggest band taps experimental past on adventurous new album

BRYAN BORZYKOWSKI
for Metro Canada



When Bono told Rolling Stone in January that U2's new album, *No Line On the Horizon*, "tapped into our interest in electronic music" you could almost hear millions of fans nervously grinding their teeth. After all, the last time the group jumped headfirst into electronica they produced *Zooropa* and *Pop*, two albums that many followers would like to forget.

While a lot of people hoped Bono was kidding, now that the album's out, they can hear firsthand that he wasn't. To put it simply, picture what *Pop* would sound like if it mated with *How to Dismantle an Atomic Bomb* — there are giant riff rockers on the single *Get on Your Boots*, and some very un-U2-like electro synth during the intro of *Magnificent*.

If the band's past is any indication, there's no doubt plenty of fans will be turned off by the

group's experimental tendencies. Although people flocked to the keyboard-heavy *Achtung Baby*, U2's supporters scratched their heads at *Zooropa* and pretty much abandoned the group when they released the middling *Pop*.

It took a return to their sweeping Joshua Tree-like melodies with *All That You Can't Leave Behind* in 2000 to bring back the masses, eventually allowing the four some to reclaim their "best band in the

U2's Adam Clayton, left, The Edge, Bono and Larry Mullen, Jr.

GETTY IMAGES



world" status.

Will things be different this time? Only time will tell, but let's hope for U2's sake that they don't.

If anything, Bono, The Edge, Larry Mullen Jr. and Adam Clayton should be embraced for pushing their musical boundaries. Sure,

it's not a complete makeover, Edge's trademark delay guitar is here, so is Bono's passionate, over-the-top crooning, but at least they're finally smart enough to realize that while a classic sounding album will sell 10 million copies, that's worthless

if they can't keep themselves creatively inspired.

Imagine for a minute if U2's fans stayed on the bandwagon during the '90s. The group might not have produced *Elevation* or *Vertigo*; rather they'd be on the cutting edge of experimental music, possibly even mentioned in the same breath as Radiohead.

Yeah, that's likely a stretch, but if their admirers had allowed them to keep reinventing themselves they'd be a far more intriguing band. They wouldn't be as rich —

the masses generally like to keep their bands as non-threatening as possible (see Nickelback, Fall Out Boy) — instead they'd be producing music that would be as timeless as anything off Joshua Tree, an album that truly dripped with originality and passion.

So, U2 might have been set back a couple decades, but it's time to let the band do what they want. Let them write a nearly seven-and-a-half minute song (*Moment of Surrender*) or include haunting heart-beat-like drumming on *White as Snow* — the group will be that much better if they're free to experiment.

However, just because they're feeling adventurous here, doesn't mean we should let them off the hook if their tunes are terrible. Go nuts, throw in a theremin solo or some minimalist ambient tones on your next disc — the only thing U2 owes to their fans is that whatever they're going to do, they do it well.

Jackson hits the road in One Week

STEVE GOW
for Metro Canada



Joshua Jackson has been pretty tired lately — but then that's what you get

for having a somewhat manic job.

"I was on my knees Hoovering brains off a carpet two days ago," the Canadian-bred actor shockingly admitted during a re-

cent stop in Toronto.

While that revelation might sound disturbingly morbid at first, consider the context. After all, Jackson's clean-up was taking place on the set of his new hit sci-fi TV show *Fringe* — one of the main reasons for his hectic schedule.

The other? Returning from Hollywood to his homeland to promote his latest movie, *One Week* — opening Friday — in which Jackson plays a young man who copes with a terminal disease by traversing the Great White North on a motorcycle.

"It's a celebration of the many Canadas," said Jackson, admitting the film's patriotic affection was part of the draw. "There's so much to do between here and Tofino and because it's a road movie, which is unusual, you actually get to see and experience much of the country instead of one specific region."

And that is just what

"That you can pay five bucks to walk a staircase to get into the mouth of a giant Tyrannosaurus Rex in the middle of the prairies is fantastic."

Joshua Jackson

Jackson and director Mike McGowan did — travel across Canada with just a tiny film crew. Although he is no stranger to the road, Jackson admits it was a gruelling challenge.

"I used to do the road trip between Vancouver and Wilmington, N.C., where I used to (shoot Dawson's Creek) every year, so I've done that a ton but I never went Vancouver to Toronto and south.

"To be honest, I always thought the prairies would be kind of boring."

Instead, Jackson's "big revelation" was discover-



Joshua Jackson plays a man who copes with a terminal disease by traversing the Great White North on a motorcycle in *One Week*.

ing the beauty of the flat, humbling expanse of land and the hidden treasures along its stretch of highways. One of the pure joys of watching *One Week* is encountering such bizarre Canadian roadside attractions as the Wawa Goose and the giant nickel in Sudbury.

"The dinosaur (in Drumheller) was just so fabulously ridiculous,"

Jackson said of his favourite stop.

"That you can pay five bucks to walk a staircase to get into the mouth of a giant Tyrannosaurus Rex in the middle of the prairies is fantastic."

Coming to theatres

• *One Week* opens in theatres on Friday.

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STAGES | 2008-09 SEASON

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Knightley joins sci-fi thriller

The sci-fi's the limit for Keira Knightley. The erstwhile English rose is ditching the period garb and going futuristic, signing on to star in the cloning-themed thriller Never Let Me Go. **EONLINE.COM**



DVD picks

Australia

Director: **Baz Luhrmann**

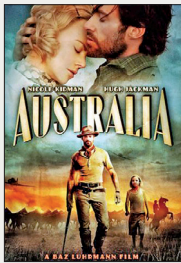
ACCUSING BAZ Luhrmann of audacity is a bit like telling a shark it has very sharp teeth.

It's the Aussie director's stock in trade, wherein movie genres, legendary characters and time itself are bent to the whims of his fevered visions.

Australia, which strikes real sparks between Nicole Kidman and Hugh Jackman, is both more and less of the same. At once sprawling and intimate, melodramatic and comic, magnificent and utterly bonkers, it bears entertaining witness to Luhrmann's love of old movies and his Down Under homeland.

With a bladder-testing running time of close to three hours, it's also the first of his films to look as though it almost escaped his grasp, falling prey to some of its own excesses.

Not many directors would have the brass to marry a cattle-driving western with a World War II romance, with side



trips to social commentary about cultural engineering and the

symbolic significance of The Wizard of Oz.

Not many would want to. Characters fly across the screen, barely giving us time to know them, while a text intro confusingly speaks of Pearl Harbor in 1941 before settling upon the pre-war of summer 1939. We must also negotiate the voiceover narration of young Aboriginal lad Nul-lah, played by newcomer Brandon Walters.

By the time the Japanese aircraft are strafing Darwin in all their CGI glory, recreating an actual event in history, you may feel as if you're under fire, too.

There's not much in the way of extras — a couple of deleted scenes, and a few featurettes on the Blu-ray. **TORSTAR NEWS SERVICE**

Teen drama, for Real

Kids stretched to the max in new TV show

RAFAEL BRUSILOV
for Metro Canada



High-octane fun and fear-defying challenges are all in a day's work for the adventurous tweens on In Real Life, Canada's newest reality show.

Hosted by young Canadian comic Sabrina Jalees, the show puts kids from across Canada between the ages of 12 and 14 into the driver's seat of a whirlwind competition where each week they have to conquer an exciting "real life" challenge that tests their mettle. With challenges strategically set across all of North America, it's like an Amazing Race for bright, resourceful kids.

The first two episodes have contestants racing cars and wrestling with alligators while later episodes have kids jumping out of a helicopter into a river and doing barrel rolls in a Russian fighter

jet. It's all safe and carefully monitored by support staff of course, but still no small feat for a group of young teens who've hardly been away from home in their lives.

For 14-year-old Ruby-Rae Rogawski from Fort Langley, B.C., being on the show was a life-changing adventure.

"It was so amazing, just the things we got to do and the experiences we got to have. I had a blast," she said.

Rogawski says the ex-

perience of doing unique challenges and dealing with setbacks taught her a lot about herself.

"I think I've just learned to live with myself and realize that even though some things are going to go wrong it's all about picking yourself up afterwards," Rogawski said.

Jaicyea Smith, 14, from Toronto found the best part of the show was trying out different jobs, no matter how wacky or difficult.

"I learned so much. You get to experiment with different career options



In Real Life host Sabrina Jalees.

Show time

- In Real Life premieres tomorrow at 7 p.m. ET/PT on YTV.

and it'll definitely guide me in what I decide to do," Smith said.

Kids weren't told who they'd be paired up with before the show began and some pairs clashed right out of the gate. Teamwork was a big factor and those teams which learned to work together found greater success, Jalees said.

Seeing the kids conquer challenge after challenge was inspiring for Jalees and demonstrated just how determined they were.

"They were doing challenges that were things kids have probably never done. I think a lot of the kids really grew up and became more confident," she said.

Trouble brewing on Silverman show

TV The economic downturn is jeopardizing The Sarah Silverman Program, one of Comedy Central's signature series. The show's creators — Silverman, Dan Harmon and Rob Schrab — have threatened to quit after the cable network told them the budget for their series would be slashed by more than 20 per cent. **REUTERS**

In brief

PILOTS Former TV leading ladies Alyssa Milano (Charmed) and Kim Raver (Lipstick Jungle) are back with lead roles in ABC pilots. Milano will play a successful lawyer and single mother in an untitled comedy. Raver will star in the drama Inside the Box, which is set at a news network's Washington bureau. **REUTERS**

GlobalStyle

Kenya Hunt



Read Milan Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:



metronews.ca/movies

critics' corner

Cashing In

It's "Las Vegas" on the rez. This new comedy-drama series follows the lives and loves of folks at a First Nations casino in southern Manitoba. New owners have ambitious plans for the facility — plans that aren't shared by the locals. Eric Schweig, Glen Gould, Wesley French and Sarah Podemski lead the cast. 8:30 PM on 70 APTN



The Biggest Loser

Chef Rocco DiSpirito takes contestants to a restaurant, where they learn to make healthier choices when dining out. Later, the "losers" compete in a lively cook-off, with the winning team getting a meal specially prepared by Rocco as well as a chance to pick a fortune cookie with something valuable inside. 8 PM on 9 NBC 18 E!

Live at the Rehearsal Hall

Catch the Newfoundland musical phenom in this episode from 2005. The band wows the crowd with its energetic interpretations of traditional Canadian folk music mixed with original material. The members also chat with host Lance Chilton. 8 PM on 40 BVO

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	211	331	3	GTV ET Canada	Entertainment	NCIS "Capitol Offense"		90210 (HDTV)		Project Runway Canada		News (N)
	-	-	5	SRC Virginie (SC)	La Factice	Providence (HDTV) (SC)		Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO Instant Star	TMZ (N)	Reaper (N)		Law & Order		(10:01) Without a Trace		News (N)
	196	311	7	CTV Hollywood	etalk	American Idol (HDTV) Semifinalists perform. (Live)				Law & Order: SVU		News (N)
	208	303	8	CBC Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				Law & Order: SVU		News (N)
	117	713	10	TVA Les Gags	Star Académie: La Fiebre de la danse (SC)			La Promesse (HDTV) (SC)		TVA 22 heures (10:45) Denis Lévesque		
	-	-	11	QS Catherine (SC)	Piégé Zézé	Dirty Sexy Money (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO Panorama		Aux limites du corps		La Religieuse *** (1966, Drame) Anna Karina, Lilo Pulver, Micheline Presle				
news	-	362	13	CBS Dr. Phil (HDTV)		NCIS "Capitol Offense"		The Mentalist (HDTV)		(10:01) Without a Trace		Two/Half Men
	216	395	14	OMN2 Raymond	Raymond	News (N)		News (N)		Two/Half Men		Cold Case
	214	344	15	CITY Law & Order: SVU		Privileged		Scrubs	Scrubs	The Bachelor (N)		News (N)
	115	343	16	CFMT Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E! The Insider (N)	E! News	The Biggest Loser (N)				Ruby	Kimora: Fab	News (N)
	-	361	20	ABC News (N)	Entertainment	Homeland Security USA		Scrubs	Scrubs	The Bachelor (N)		News (N)
	512	396	24	CPAC La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX TMZ (N)	Seinfeld	American Idol (HDTV) Semifinalists perform. (Live)				News (N)		News
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sports	205	312	104	CTV Hollywood	etalk	American Idol (HDTV) Semifinalists perform. (Live)				Law & Order: SVU		News (N)
	502	390	26	NW CBC News	Newman	The Hour		CBC News: The National		Everybody Has a Soul		National
	500	500	33	CNN Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	406	417	27	net Rogers House	NHL Hockey Calgary Flames at Ottawa Senators. (HDTV) (Live)			Sportsnet Connected		Hockey Central		
	126	730	28	RDI 24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN That's Hockey!	NHL Hockey Pittsburgh Penguins at Tampa Bay Lightning. (HDTV) (Live)			SportsCentre (HDTV) (Live)				
	410	403	52	SCR Cabbie Unlimit	Court Surfing NBA news, scores and highlights.			Score Tonight		Hockey Talk		
	411	457	56	OLN Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	59	SC Pimp My Ride	Pass Time (N)	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
	554	544	48	TEL Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
family	557	540	51	FAM Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
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	615	520	31	A&E CSI: Miami "Dead Air"		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters
	628	584	32	SPKE CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ultimate Knockouts 2		DEA (HDTV) (N)		Real Vice
	521	560	34	TLC Kids by the Dozen		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count	Toddler's Tiaras (N)		17 Kids-Count
	145	761	35	TV5 Change	Caméra café	Les Bébé animaux		Nicolas le Floch		Facteur	D'Est en Ouest	Journal TV5
	616	521	39	SHO The Outer Limits		Mutant X "Lit Fuse"		Testees	Trailer Park	The L Word		House
	620	523	40	BVO Raising Valhalla		Live at the Rehearsal Hall		Scotty Moore & Friends: A Tribute to the King				Law & Order
	520	505	42	DIS Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp	Extreme Loggers (N)		Daily Planet
cable variety	575	583	43	CMT Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
	601	562	45	SLC Til Debt-Part	Rich Poor	Trinny and Susannah Undress		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
	601	562	46	COM Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Fit-Conchords	Daily Show
	294	529	47	TBS House-Payne	House-Payne	The Ice Harvest ** (2005, Comedy-Drama)				Steve Harvey	Seinfeld	Family Guy
	600	564	49	H&G House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC Stargate Atlantis	(DVS)	Lost "Born to Run"		Star Trek: Voyager		Destination Truth (N)		Stargate SG-1
	581	566	53	MTV Play'd	After	MTV News	Cribs	From G's to Gents		From G's to Gents (N)		MTV Live
	618	524	54	TROP Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS NCIS		Ultimate Engineering		Crime Stories		NCIS		Sea Hunters
	129	773	60	CD Biographies (HDTV)		Docu-D		Images-chocs		Criminels		Mayday
cable variety	261	394	61	V Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophecy	Supernatural	Poltergeist
	602	567	62	W Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	269	350	70	APTN Wings-Canada	Storytellers	Wapos Bay	Cashing In (N)	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	621	527	71	TLK The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.



Chris Brown's friend Mekhi Phifer says no matter what happens between Brown and Rihanna, he told E! online he wishes "them both the best." He also added he thinks Brown's age, 19, was a big factor in what went down between the two singers. **METRO NEWS SERVICES**

Celebrity Buzz

Amy's back in the U.K.

PEOPLE Amy Winehouse is back in the U.K. — with an old hairstyle and a new life, people.com reports.

The singer, 25, arrived early Sunday, sporting her trademark beehive, which replaced the curly mop she had worn during her near three-month extended vacation on the Caribbean island of St Lucia.

And while the hair was back, she has a fresh start ahead of her. Soon after her plane landed at London's Gatwick Airport, Winehouse received a tour of her new home on the northern outskirts of Lon-

don by her father Mitch, and they spent much of the afternoon watching their soccer team Tottenham Hotspur lose to Manchester United, the website reports.

"As she said when she got back, 'I love London more than anyone else,'" a source close to Winehouse tells People. "She missed London. She's fine."

But there is also the issue of her marriage

to sort out, as estranged husband Blake Fielder-Civil moved toward divorce in January.

To the delight of his family, Fielder-Civil was freed from jail late last week after serving his sentence on charges of assault and attempting to pervert the course of justice.

A source tells

People that the couple has not seen each other since the singer's return. Winehouse has said she's determined not to let Fielder-Civil divorce her, but a source close to him vows to People that it will go forward. Her rep, Chris Goodman, has heard nothing official on the possible marriage breakup.

As for a report in the Sun tabloid that Winehouse got into a fight with a fellow passenger on her flight home, a source close to her dismisses it saying, "There was some banter, that's all."

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Lindsay's 'before 30' death wish?

PEOPLE The people closest to Lindsay Lohan are apparently worried sick over recent alleged confessions by the starlet that she doesn't expect to live past her 30th birthday.

"She's said many times that she never wants to live too far past

30 because she doesn't want to get old and ugly," a Lohan friend tells Star magazine.

"She's always wanted to die young like her idol, Marilyn Monroe."

And what's worse, "Lindsay just doesn't seem to be bothered by the fact that she'll die," another friend tells the magazine.

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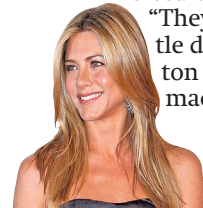
Marley promo's gone to the dogs

PEOPLE It's amazing the lengths some stars will go to promote a movie.

Jennifer Aniston and Owen Wilson appeared on German TV talk show Wetten Das to plug their hit dog movie Marley & Me. The show's host had some interesting canine-themed activities planned for the stars, including eating dog biscuits.

"They're a little dry," Aniston said, grimacing.

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Rihanna rumour mill chugs on

SCANDAL Khloe Kardashian was reported to be partying with Chris Brown after he and Rihanna were reported to be in Florida together, but she denied that on her blog, adding she's never even met Brown.

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Beyoncé's messy habits

PEOPLE Beyoncé Knowles has revealed that she is constantly annoying her rapper husband Jay-Z, because of her mess she leaves lying around in their New York home, femalefirst.co.uk reports.

The couple resides in Jay-Z's luxury Manhattan apartment, but Beyoncé admits her relaxed attitude to her home life means she's always leaving her belongings all over the place.

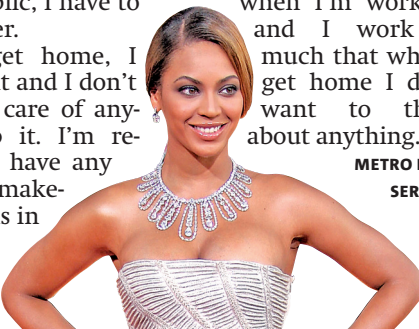
She tells the April issue of Ebony magazine, "I'm a little messy ... Whenever I'm out in public, I have to be put together."

"When I get home, I rebel against it and I don't want to take care of anything. I drop it. I'm relaxed. I don't have any shoes on. No make-up. My purse is in the kitchen."

"I think that is most

difficult thing for him. He's very, very organized. I'm extremely organized when I'm working, and I work so much that when I get home I don't want to think about anything."

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Benji talks Madden family life

FAMILY They are twins who "share everything," but Benji and Joel Madden have very different lives right now — and Benji couldn't be happier, people.com reports.

Two weeks after Joel and Nicole Richie announced that they're expecting baby No. 2, the "single" twin tells People he's ready to be an uncle again, just not a dad.

Besides, he's had a while to

get used to the idea — he knew about the pregnancy long before it was announced publicly. "You have to wait before you can tell people," he said. "I found out a little bit earlier. We're twin brothers"

so we share everything." Benji, who calls the pregnancy "exciting," hopes his brother has a big family. "They're the best parents I've ever seen," he says.

But he doesn't rule out being a father in the future. "I'm great with kids and I absolutely want kids when the time is right and I have the right partner," he says. "I'll bring them on tour. They'll be little rock 'n' roll kids."

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Madonna's payback?

PEOPLE Madonna was once again turning heads over the weekend by parading 22-year-old Brazilian male model Jesus Luz around New York.

The pair was spotted hitting the Kabalah Centre and having a romantic dinner together. Why all the high-profile outings?

"She

loves showing her ex that she can still get the youngest, hottest thing out there," a Madonna pal tells Us Weekly.

Whether she's trying to prove something to Guy Ritchie or Alex Rodriguez is anyone's guess, though.

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'Enough is enough': Katie on the rumours

PEOPLE Katie Holmes is finally opening up about rumours about her life with husband Tom Cruise and their daughter, Suri, affected her.

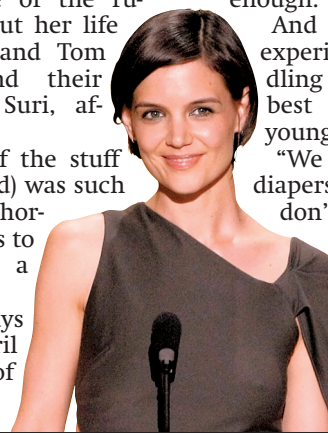
"Some of the stuff (people said) was such absolutely horrible things to say about a child," Holmes says in the April issue of Glamour.

"It was so uncalled for and so disgusting. Enough is enough."

And Cruise, more experienced at handling gossip, did his best to calm the young mother down.

"We were changing diapers. He said, 'I don't want you to get upset,'" Holmes says. "And I said, 'Well, I am upset.'"

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